CLAIMS

What is claimed is:

1. A method for securing a suture anchor, the method comprising:

inserting an attachment portion of a suture anchor within a bore hole formed in a bone, the suture anchor further comprising a placement portion frangably connected to the attachment portion, the attachment portion of the suture anchor having an outwardly projecting barb that scores at least a portion of the bone bounding the bore hole as the attachment portion is inserted into the bore hole; and

applying a withdrawal force to the suture anchor such that the attachment portion of the suture anchor rotates within the bore hole and disconnects from the placement portion of the suture anchor.

2. A method as recited in claim 1, wherein outwardly projecting barb scores the bone by a depth of at least 0.5 mm.

3. A method as recited in claim 1, wherein the bore hole comprises a first hole having a maximum first diameter and a concentrically disposed second hole having a maximum second diameter, the maximum second diameter being smaller than the maximum first diameter, the act of inserting comprising the attachment portion being inserted within the second hole.

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4. A method as recited in claim 1, wherein the placement portion has a distal end face and the attachment portion has a proximal end face, the distal end face facing the proximal end face and being spaced apart therefrom, the act of inserting comprising inserting the attachment portion within the bore hole such that the attachment portion or the placement portion moves so that at least a portion of the proximal end face biases against at least a portion of the distal end face.

5. A method as recited in claim 1, wherein the attachment portion and the placement portion comprise an integral element comprised of a first material, an elongated inserter comprised of a second material different than the first material being attached to the placement portion, the act of inserting comprising applying a force to the inserter so as to insert the attachment portion into the bore hole.

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6. A method for securing a suture anchor, the method comprising:

forming a bore hole within a bone, the bore hole comprising a first hole having a maximum first diameter and a concentrically disposed second hole having a maximum second diameter, the maximum second diameter being smaller than the maximum first diameter;

inserting an attachment portion of a suture anchor within the second hole of the bore hole such that at least a portion of the attachment portion of the suture anchor biases in frictional engagement against at least a portion of the bone bounding the second hole, the suture anchor further comprising a placement portion frangably connected to the attachment portion; and

applying a withdrawal force to the suture anchor such that the attachment portion of the suture anchor rotates within the bore hole and disconnects from the placement portion of the suture anchor.

7. A method as recited in claim 6, wherein the attachment portion of the suture anchor has an outwardly projecting barb that scores at least a portion of the bone bounding the second hole of the bore hole as the attachment portion is inserted into the bore hole.

8. A method as recited in claim 6, wherein the bore hole is formed by a drill bit.

9. A method as recited in claim 6, wherein the bore hole is formed by a punch.

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10. A method as recited in claim 6, wherein the placement portion has a distal end face and the attachment portion has a proximal end face, the distal end face facing the proximal end face and being spaced apart therefrom, the act of inserting comprising inserting the attachment portion within the bore hole such that the attachment portion or the placement portion moves so that at least a portion of the proximal end face biases against at least a portion of the distal end face.

11. A method as recited in claim 6, wherein the attachment portion and the placement portion comprise an integral element comprised of a first material, an elongated inserter comprised of a second material different than the first material being attached to the placement portion, the act of inserting comprising applying a force to the inserter so as to insert the attachment portion into the bore hole.

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12. A method for securing a suture anchor, the method comprising:

inserting at least a portion of a suture anchor within a bore hole formed on a bone, the suture anchor comprising a placement portion terminating at a distal end face and an attachment portion having a proximal end face, the placement portion being frangably connected to the attachment portion such that at least a portion of the distal end face of the placement portion is spaced apart from the proximal end face of the attachment portion, the attachment portion biasing in frictional engagement against at least a portion of the bone bounding the bore hole as the suture anchor is inserted into the bore hole such that at least the proximal end face of the attachment portion or the distal end face of the placement portion moves so that at least a portion of the distal end face and the proximal end face bias together during the act of inserting; and

applying a withdrawal force to the suture anchor such that the attachment portion of the suture anchor rotates within the bore hole causing the placement portion to disconnect from the attachment portion.

13. A method as recited in claim 12, wherein the attachment portion of the suture anchor has an outwardly projecting barb, the barb scoring at least a portion of the bone bounding the bore hole as the attachment portion is inserted into the bore hole.

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14. A method as recited in claim 12, wherein the attachment portion and the placement portion comprise an integral element comprised of a first material, an elongated inserter comprised of a second material different than the first material being attached to the placement portion, the act of inserting comprising applying a force to the inserter so as to insert the attachment portion into the bore hole.

15. A method as recited in claim 12, wherein the bore hole comprises a first hole having a maximum first diameter and a concentrically disposed second hole having a maximum second diameter, the maximum second diameter being smaller than the maximum first diameter, the act of inserting comprising the attachment portion being inserted within the second hole.

16. A method as recited in claim 12, wherein a frangible strut extends between the placement portion and the attachment portion.

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